

HOME, ITS PROBLEMS AND INTERESTS



CHARMING DEVELOPMENT OF THE SHIRT WAIST SUIT.

The shirt waist suit knows no wane of popularity, and charming conceits in this eminently useful as well as stylish conceit appear almost daily. That illustrated offers some note of novelty, not only in the blouse, but likewise in the very clever arrangement of the skirt panels. The material is a crepe de chine the one-seam kind, as the shopmen call it, the color white, and the embroidery done in shades of "old" blue. There is a shirring over the shoulders both back and front, in the form of a shallow yoke, and the fullness from this is drawn down snugly into the embroidered blue velvet belt. The skirt is shirred to match the waist, and panel effects are introduced alternately high and low, shirred flounces making the extreme of fullness around the foot. The petticoat or drop skirt has a shallow flounce, and the fullness from this is applied to the required "don" to the outer skirt.

False Food Notions.

Writing of "Fallacies Concerning Fish, Flesh and Fowl," Marion Talbot, the well-known authority on dietetics, says: "A specially interesting point upon which light has recently been thrown is the comparative value of poultry and other meats. It seems to have been proved that there is little ground for the popular belief that 'white' meats are more healthful than 'red' meats. Recent experiments have shown that there is really very little difference in this regard between the two kinds of meat, and that if any exists it is quite as likely to be in favor of the 'red' meats as the reverse. Another common notion is that the light meat of poultry is more easily digested, and more nutritious than the dark, because of the difference in texture. If it is more easily digested it is because of a difference in the chemical composition. The fibers of light meat are probably more closely set than those of dark meat, which would result in their being less easily acted on by the digestive juices."

Griddle for the Gas Stove.

Perplexity is sometimes caused the cook when the range is out of commission as to how she shall serve beefsteak. Small gas stoves do not all have the broiling attachment, and then there seems no alternative but to fry the meat. True, frying steak in butter in a scorching hot pan, may result in a delicious bit of sizzle, but a wire griddle, of the kind used to broil oysters, will answer much better. These griddles are a well-made regular size, and are made of galvanized wire covered with fine screens, the meat comes in contact with the former only and a great part of the juice that escapes is caught up by the fine mesh. Gas stoves in these days are made to cook apart easily, so that if any quantity of grease does drip through it may be quickly cleaned after the steak is broiled.

Poultices

A poultice is one of the best means for applying heat and moisture in order to relax tissues and ease pain. If they are used to remove pain in the internal organs, make large enough to cover adjacent territory, and as hot as can be borne. If for an external wound, make only large enough to cover the spot. Never leave on long enough to grow cold or hard or they do more harm than good. Have a hot one ready to apply before removing the one that is on. There are many kinds of poultices, but the old-fashioned flaxseed is most generally used. It is most efficacious for breaking up a severe cold on the chest and in relieving the congestion in pneumonia. To make it, have water boiling and stir in ground flaxseed meal until thick enough to cut with a knife. Add a spoonful of olive oil, and spread on a piece of flannel twice as large as needed to turn over and leave an inch or two of margin. Apply to the seat of trouble as quickly as possible and as hot as can be borne. Do not make too heavy, as the benefit of the poultice lies in the moist heat, not the weight. If the poultice is covered with a sheet of oil silk it will retain its heat about an hour. Search makes another good poultice. Make just the same as for laundry use, only stiffer. A muslin bag is good for a starch poultice. A bread poultice is quickly made and is soothing. Use bread without crust, pour boiling water over the pieces, then pour off while lightly with a fork, and spread while still hot.

Vogue for Checks.

The vogue for checks is such that the woman who wants a checked gown need not curb her aspirations. The loveliest of checks come in blue and green and in red and black and in the shades of green and violet and in other wonderful combinations. In fact, all of the checks are good, and one need not hesitate to indulge one's fancy in any or all of them. For fall hints indicate that checks and plaids will be the vogue until winter.

"Buy a check and you will be fashionable," said a dressmaker, and the advice is good to follow.

If you decide to add a gown to your wardrobe at this time, when the summer suns are high and when all colors look dingy by comparison, there is nothing to be said against mohair and pongee. Select a good quality novelty mohair, in a pretty dull check and get to work at it with needle and thread. Your thread, by the way, plays a very important part in the gown, for you will want to stitch it in a contrasting color, and your thread must be red or blue or bright green, or even pink. They are stitching in the most elaborate silks, and are piping with narrow bands of silk to match the stitching. Stitch well and you will have a smart gown.

Your dress colors can be anything from the green plaids to the mauves and greys, though the latter are very trying. The blue and green checks the most reliable, and you can be very sure that they will stay in vogue.

A Watch Pocket.

The difficulty that a woman has in finding a suitably way to wear her watch is proverbial. Neither a watch nor a fob is entirely safe, while if the watch is worn on a chain there is no convenient place to put it. A clever New York girl has devised the daintiest pocket imaginable by sewing together around the edges two little circular appliques of embroidery. These may be in butterfly or leaf design if preferred, or in any of the hundreds of motifs which may be found in any of the shops. Lace may also be used, but it should, of course, be of ordinary, heavy sort.

The little pocket, or bag, can be instantly fastened to the left side of the skirt waist front by two of the tiny, fancy cut pins, or shirt waist pins as they are now usually called. It will lie flat against the blouse and the watch can then be slipped into it, where it will be perfectly safe and convenient. The effect of the gold or enameled watch case through the open work is charming.

Have You Ever Heard

That if you rub grass stains with molasses they will come out without difficulty in the ordinary wash?

That spots may be removed from gingham by being wet with milk and covered with common salt? Leave for an hour or so, and rinse out in several waters.

That sheep sorrel will take out rust stains from cloth? Rub thoroughly on the stains, and then take out the resulting grass stains with either molasses or alcohol.

That you can make a faded dress perfectly white by washing it in boiling cream of tartar water?

That salt dissolved in alcohol will often remove grease spots from clothing?

That mud stains can be removed from silk if the spots are rubbed with a bit of flannel, or if stubborn, with a piece of linen wet with alcohol?

That two potatoes grated in a basin of warm water give better results than soap in washing delicate flannel or woolen goods, ribbon, etc.?

That linen blouses can be cleaned by being laid flat and rubbed with powdered bath brick?

That piano keys can be cleaned as can any old ivory, by being rubbed with muslin dipped in alcohol? If very yellow, use a piece of flannel moistened with cologne water.

A Common Sense Icepick.

Those ice picks with heavy iron handles, into which the blade disappears, are a great boon at any time, but more especially so during the term the ice melts as you look at it. One cannot understand why the blunt pointed instruments are used so extensively when with slender, needle-pointed blades, represent such a saving, not only of ice but energy. Two or three light taps will drive the pick into the new snow and break off large pieces without scattering small fragments all over the ice sheets. The smallest of these new picks are scarcely three inches long, but they will accomplish more in a few seconds than the old style pick in several minutes of chopping.

Have Your Tan Removed.

The bright sunshine and the keen winds of these summer days have not been a source of unalloyed joy to the fastidious beauty, for the combination has been disastrous to the fair complexion. Tint of tan and faint brown tracings that suggest coming freckles tell only too plainly that, unless aid is speedily sought, the handsome evening glows which are being shown will be but a memory. The skin must be whitened quickly, for there are but a few weeks, so Madame Vanity speeds, until the first of winter when women know many secrets of beauty culture. The little wise woman shakes her head sagely and smiles complacently as she reads in a newspaper: "Is it indeed an ill wind that blows hard? So busy herself with the preparation for the bleaching process and lectures her patient while the work is going on."

Salt Baths.

The most refreshing of all baths, excepting a dip in the sea itself, is the salt bath. It is matchless in its effect upon the skin and complexion. With all these virtues it is the simplest and most easily managed of all baths.

Put a few pounds of coarse salt—sea salt preferably—in an earthen jar, and pour some water over it, but not enough to dissolve it. This should then be taken up in handfuls and rubbed over the body. The next thing is a thorough douching with warm dry towel, and a brisk rubbing with dry towel.

The effect of freshness, elation and relaxed life is felt immediately, and the satin-like texture of the skin and increased clearness and brightness of the complexion swell the testimony in favor of the salt rub.

For the Circulation.

Imperfect circulation is often the cause of colorless cheeks. Be careful to eat nourishing food, drink six or seven glasses of water during the day, live in the open air as much as possible, breathe deeply and practice light gymnastics. Do not use cosmetics on the face, but bathe it frequently. Scrub it good with hot water and soap at night, and bathe it with cold water several times during the day. Turn up the skin and improve the circulation.

Catsup From Mushrooms.

Mushroom catsup approaches more the nature and flavor of meat than any vegetable production. In some soups and all meat sauces it is the best flavoring. The usual method of preparing the catsup is such a combination of spices, etc., that the pleasant flavor of the mushroom is lost.

Select full grown, fresh gathered mushrooms, be very careful that they are the right sort and not toadstools, else there is "death in the pot." Put a layer of the mushrooms in the bottom of a deep pan, then sprinkle on salt until all are in the pan. Let them remain three hours, by which time the salt has been penetrated the mushrooms; then wash them well with the hands, and cover over.

Let them stand thus for two days, stirring them each day; then put them in a large stone jar. To each quart of mushrooms allow an ounce and a half of black peppercorns and half an ounce of whole allspice; close the jar tightly and set it in a pot of hot water and let it boil three hours without stirring. Then take out the jar, pour the juice through a sieve, and strain the solids through a cloth. Without pressing into a clean pan, let this juice simmer gently about three quarters of an hour, skim well while cooking. Then pour it through a cloth and add one tablespoonful of good brandy to each pint of catsup and let it stand as before; then bottle in half-pint bottles and closely cork it and seal. Keep in a cool, dry place and it will keep for years.

What to Take.

It seems almost incredible that any woman with spirit enough to make a journey should not know of the many make dressing conveniences which help to make a journey more comfortable. One does not need to buy an expensive fitted traveling kit. For 25 cents anybody can get a pretty little wash-cloth case, lined with rubber, so that the wet cloth which has just been used can be put into the satchel without damaging other contents. A celluloid soap dish with cover costs only 25 cents. For a quarter, too, one can get the same new device, which will convey the wet tooth brush and nail brush, and for the same price there are little cream jars and powder boxes innumerable.

Yet, in spite of this, you may all see women wrapping a wet wash-cloth in a night dress, or omitting its use altogether in order to keep it dry; thus using a tooth brush in a towel, and wrapping soap in newspaper! Is it the feminine neglect to avail itself of conveniences, or is it because they don't know?

Belt Novelties.

The latest novelties in belt are the silk ones in pompadour and fuchsia effects. The principal feature of these are the buckles, which are elaborately carved and set with large stones. The buckles are of tortoise shell, gun metal and antique gold, set with Mexican onyx, carnelians and turquoise settings. The leather belts are narrow, and are very fashionable, also the patent kid stitched in black or white.

A GOOD HEALTH RULE.

Form the habit of always breathing deeply.

In the morning erect the body from the cold, and stand before the open window, and take a deep breath. Always inhale through the nose and exhale from the mouth.

After breakfasts breathe freely. It aids digestion.



A GOOD MODEL FOR THE TALL GIRL.

Our illustration suggests a model particularly appropriate for the tall girl and one sure to find favor. It requires, however, the services of a first-class tailor and should not be risked to an amateur if good results are desired. The long coat of brown broadcloth is cut away in front, ending in extreme points on each side. At the waist line there is a little vest of light brown kid, trimmed with tiny gold buttons, which also decorate the revers. The flat collar is dark brown velvet.

A Fine Conversationalist.

It was a much confused debutante who, during her first Washington season, suffered agonies of torture from self-consciousness. One day she met the late Secretary Hay at a reception. Her embarrassment was evident and in striking contrast to the ease of the Secretary and his two daughters.

"Tell me what to say and how to say it," she whispered to the Secretary as he shook hands with her.

With ready wit he responded: "Say the same things that people say to you. Then listen closely."

The girl did as she was bidden. When people said, "How do you do?" she replied, "How do you do?" When they said, "So glad to see you," she simply repeated the formula. One after another of the sentences she managed to stumble through. And as she went along ease began to come to her and she noticed that people conversed with her. She said so little and listened so much. At the close of the evening she had the satisfaction of hearing some one say: "What a brilliant girl is Miss X. She is such a fine conversationalist."

Germ-Infested Cushions Banned.

Thanks to the anti-germ craze or some other fad, several women have started an anti-cushion crusade. They are warning persons of the danger lurking in sofa pillows, and are strongly condemning all cushions as being productive of diseases too numerous to catalogue, pointing out that the only salvation lies in sitting on bare boards. This menace, which, they assert, threatens a trifling, easy-going community, should be done away with, even though the loss be deplored by those who prefer comfort to a germless existence. It is noticed that who are fond of soft, silken sofa pillows and bright, comfortable cushions, have not begun to dispose of them, and are making any reply in defense of them. Perhaps they believe it to be the better part of wisdom to hold their tongues in silence.

Two Recipes.

Cocunut Custard—Add gradually to the beaten yolks of two eggs a cup of milk, two teaspoonfuls of sugar and a pinch of salt. Mix the ingredients together well and add two ounces of shredded coconut. Pour into a greased dish and bake.

Rhubarb Jelly—Skin and cut one-half pound of rhubarb into small pieces. Put in a saucepan with half a cupful of sugar and cook slowly until soft, not broken. Soak one tablespoonful of gelatin in a quarter of a cupful of cold water until soft. Then add to the hot rhubarb with one tablespoonful of lemon juice. Place in a mold and thoroughly chill. Serve in squares with whipped cream or soft custard.

WITTE ROSEN KOMURA TAKAHIRA

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